



Chicken Piccata

INGREDIENTS:

4 each	4 oz Boneless, skinless chicken breast
½ cup	Whole wheat flour
1 Tablespoon	Rosemary, fresh, chopped
¼ teaspoon	Salt
¼ teaspoon	Pepper
1 ½ teaspoon	Olive oil
1 Tablespoon	Lemon juice
1 cup	Low sodium chicken stock
2 Tablespoon	Capers
2 Tablespoon	Half and half
2 Tablespoon	Corn starch
¼ cup	Water, cold

Lemon zest or roasted tomato can be used as a garnish.

PREPARATION:

- Pound out chicken breasts to about a ¼ " thickness. Chicken breasts should be pounded thin enough so that it only takes four minutes on each side to be fully cooked in the center.
- Heat large saute pan to medium high heat/flame.
- In medium size bowl, mix flour, rosemary, salt and pepper together
- Dredge pounded chicken breasts in flour mixture and set aside until all breasts have a nice flour coating.
- Add olive oil to pan and spread around.
- Once olive oil is hot, place breasts in saute pan
- Leave chicken breasts on each side for about four minutes.
- Always check the side of the breasts for doneness. This can be done by looking at the color of the breasts. If they are getting dark really fast and it has only been one minute, simply turn down your heat.
- Once you have flipped the breasts over onto the other side, and after it has seared for about 2 minutes, then add your lemon juice.
- Let the lemon juice slightly evaporate or absorb into the chicken then add your chicken stock, capers, and half and half
- The stock should slightly thicken and then simply remove breasts from pan and pour sauce over the chicken.
- Add lemon zest or roasted tomato as a garnish to complete your entrée.





MAKING AHEAD:

If you plan to make chicken piccata ahead of time, you can simply sear the chicken breasts on both sides then place them on a baking sheet to reserve for later. When ready, bake in oven at 375°F for about 20 minutes. For the sauce, simply heat lemon juice, chicken stock, capers, half and half. Once the sauce becomes hot, add the slurry (cornstarch and cold water mixed) to thicken the sauce.

TIPS:

- If you do not have half and half, you may use milk
- If you feel the chicken needs more flavor, you can add garlic and onion powder to the flour mixture.
- If you do not have chicken breasts, you may use chicken cutlets. Veal piccata can be made using the same method, however, that will change the calorie count.

Number of Servings: 4
Serving Size: 1 Breast with 2 ounces of sauce
Calories per serving: 205
Fat grams per serving: 5

